

Report card Australia



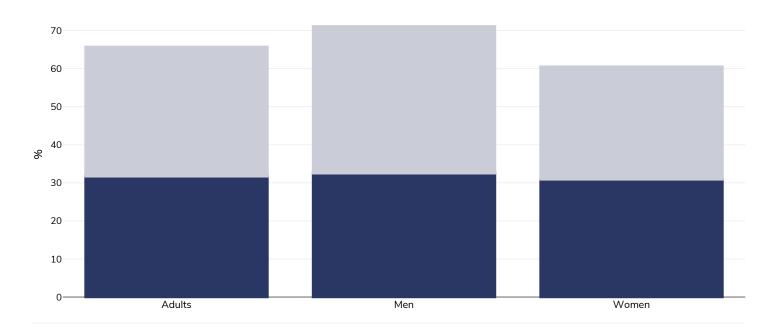
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Obesity prevalence

Adults, 2022-2023





Survey type:	Measured
Age:	18+
Sample size:	~12846
Area covered:	National

References: Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi (Accessed 03.01.2024)

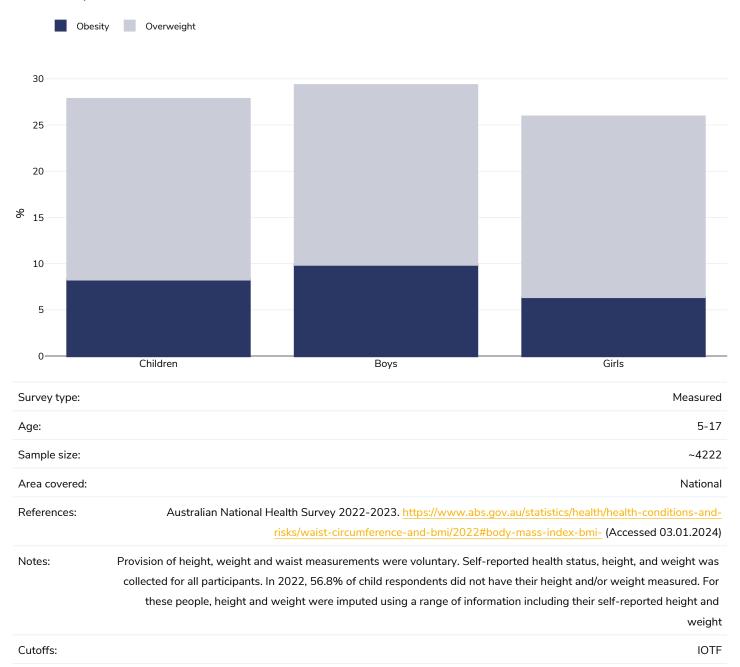
Notes:

Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



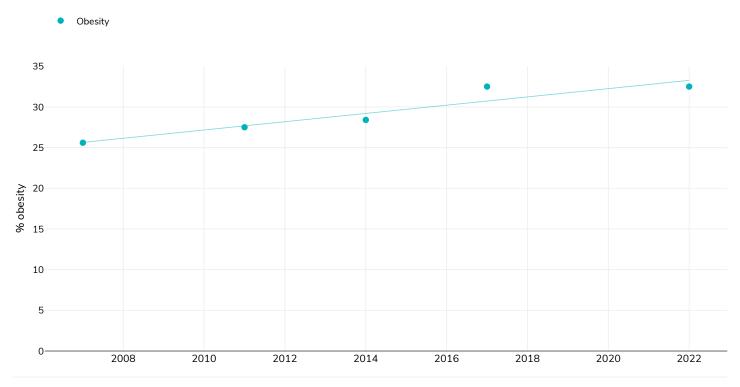
Children, 2022-2023





% Adults living with obesity, 2007-2023

Men



Survey type: Measured

References:

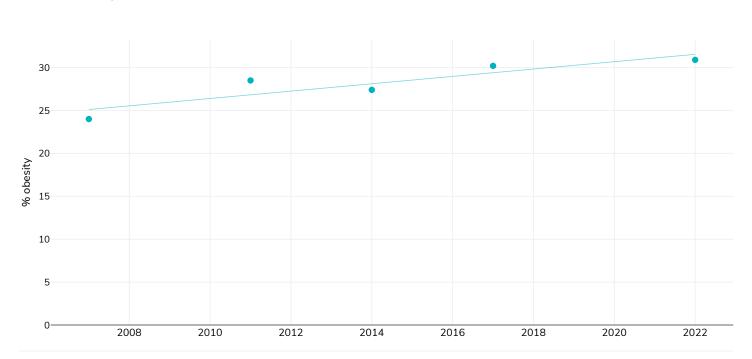
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women





Survey type: Measured

References:

For full details of references visit https://data.worldobesity.org/

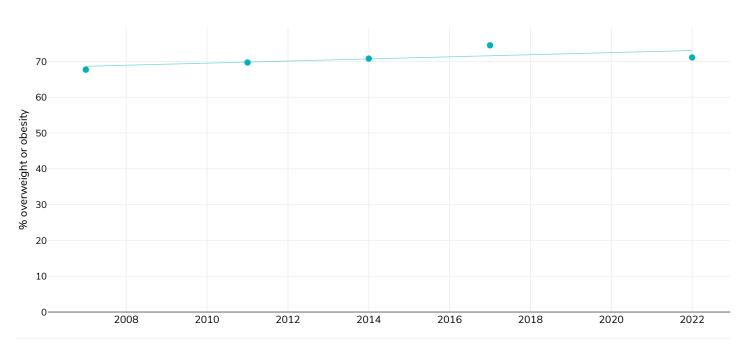
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Adults living with overweight or obesity, 2007-2023

Men

Overweight or obesity



Survey type: Measured

References:

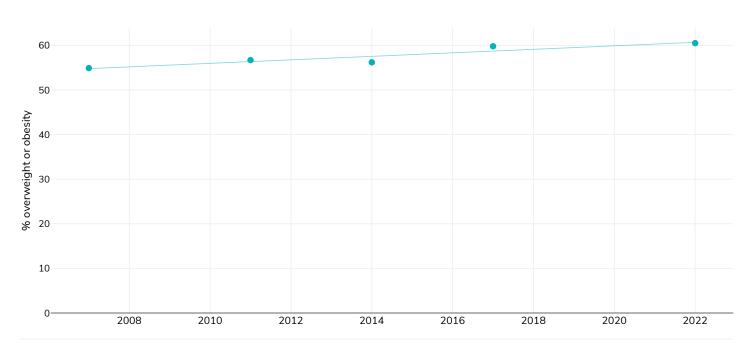
For full details of references visit https://data.worldobesity.org/

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women

Overweight or obesity



Survey type: Measured

References:

For full details of references visit https://data.worldobesity.org/

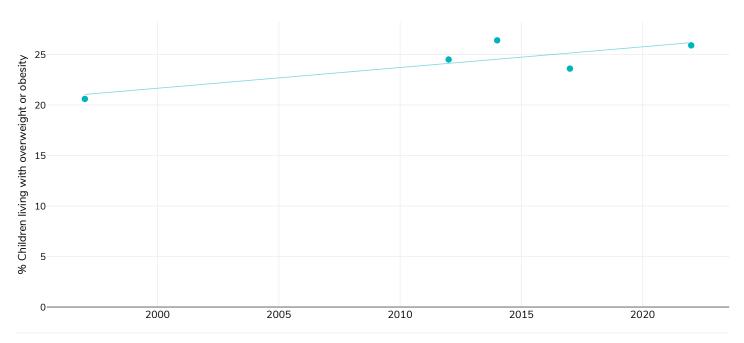
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



% Children living with overweight or obesity, 1997-2023

Girls

Overweight or obesity



Survey type: Measured

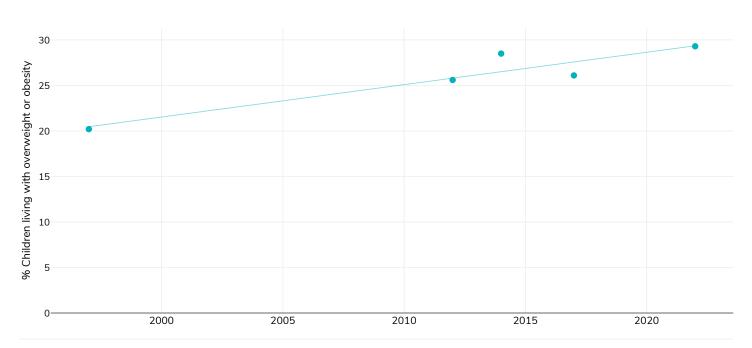
References:

For full details of references visit https://data.worldobesity.org/



Boys

Overweight or obesity



Survey type: Measured

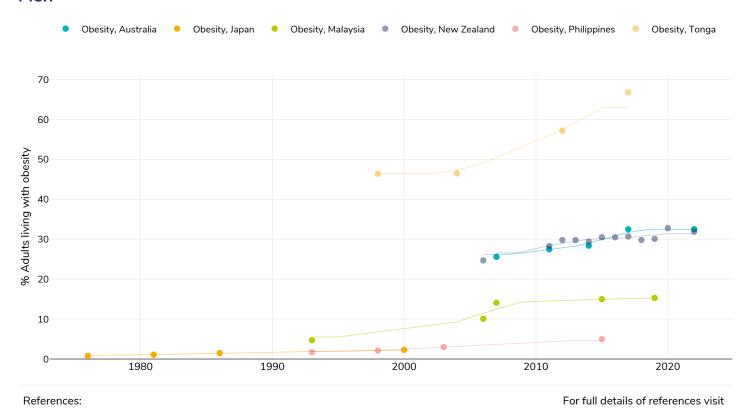
References:

For full details of references visit https://data.worldobesity.org/



% Adults living with obesity, selected countries, 1976-2023

Men

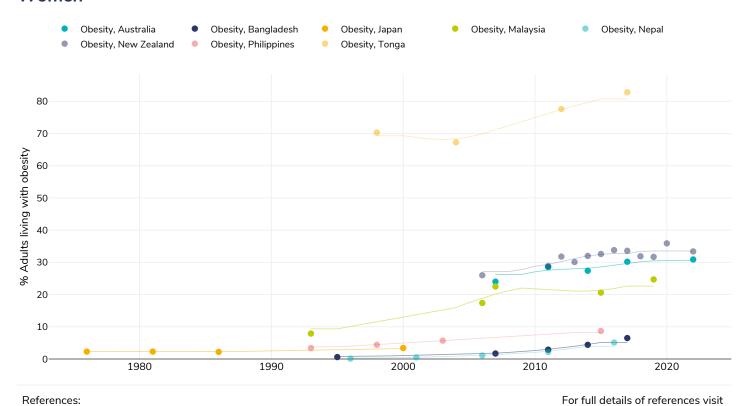


Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

https://data.worldobesity.org/



Women



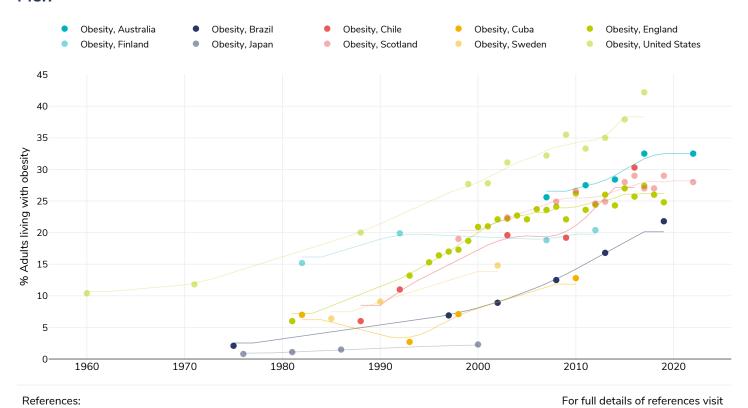
Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

https://data.worldobesity.org/



% Adults living with obesity, selected countries, 1960-2023

Men

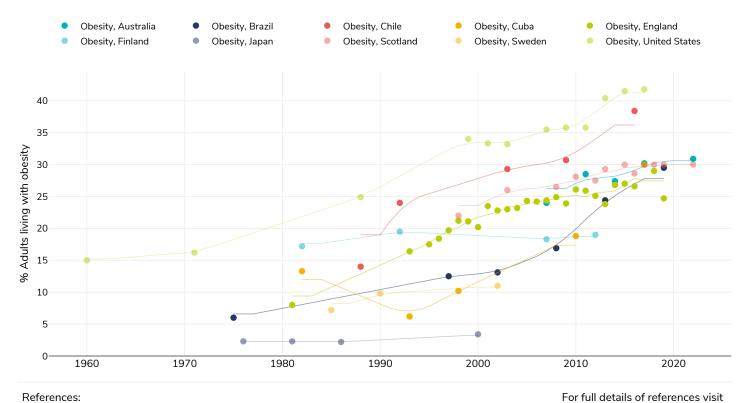


Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

https://data.worldobesity.org/



Women



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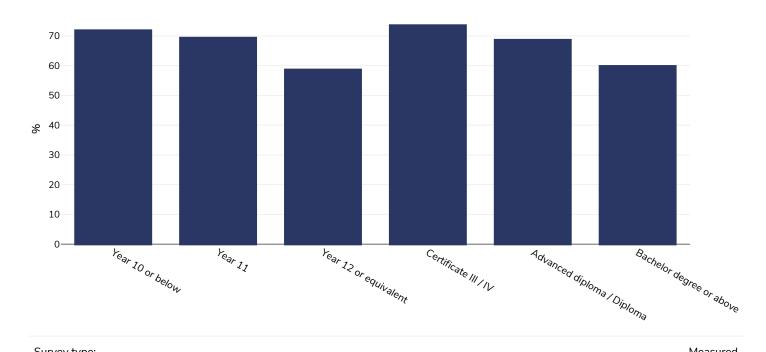
https://data.worldobesity.org/



Overweight/obesity by education

Adults, 2022-2023

Overweight or obesity



Survey type:	Measured
Age:	18+
Sample size:	~12846
Area covered:	National

Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-andrisks/waist-circumference-and-bmi/2022#body-mass-index-bmi- (Accessed 03.01.2024)

Notes:

References:

Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and

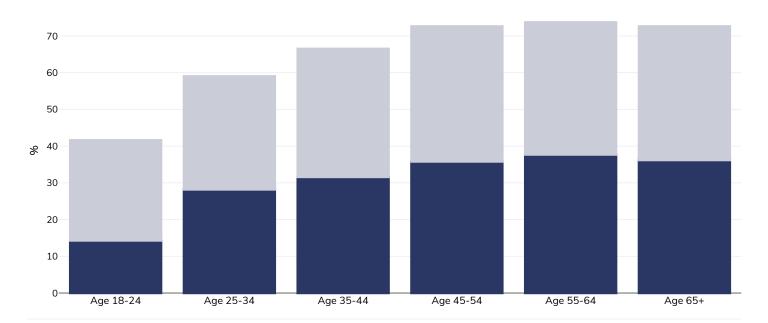
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Overweight/obesity by age

Adults, 2022-2023





Survey type: Measured
Sample size: ~12846

Area covered: National

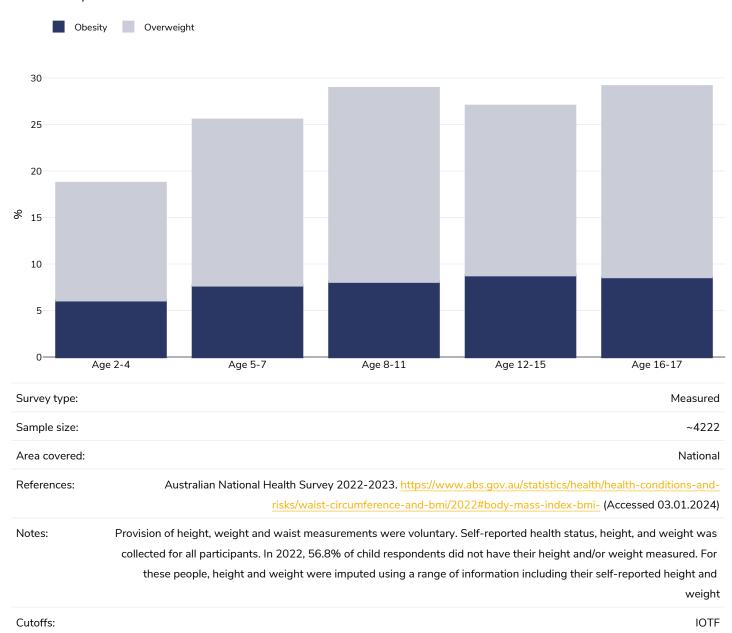
References: Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi (Accessed 03.01.2024)

Notes: Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2022-2023

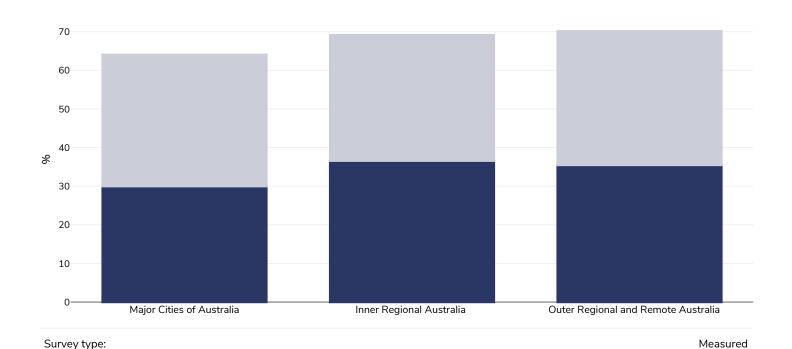




Overweight/obesity by region

Adults, 2022-2023





Sample size:	~12846
Area covered:	National
References:	Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-and-

Survey type:

Age:

risks/waist-circumference-and-bmi/2022#body-mass-index-bmi- (Accessed 03.01.2024)

18+

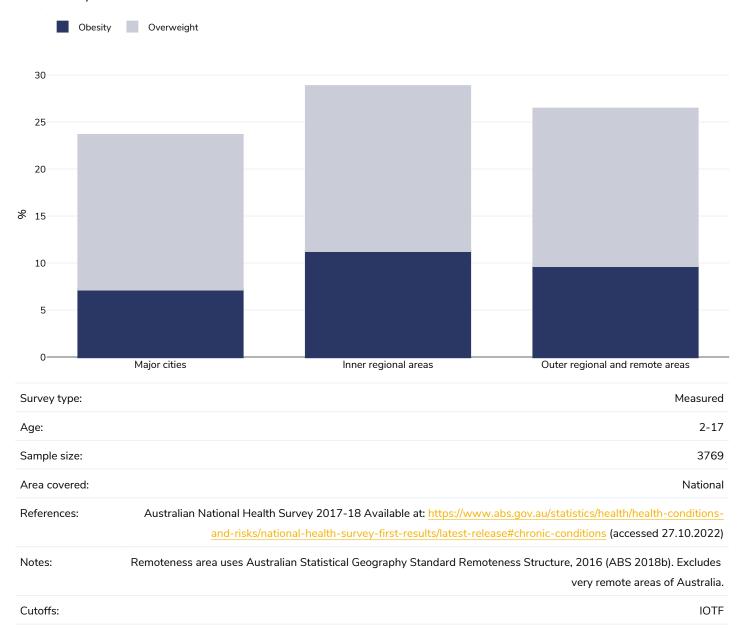
Notes:

Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

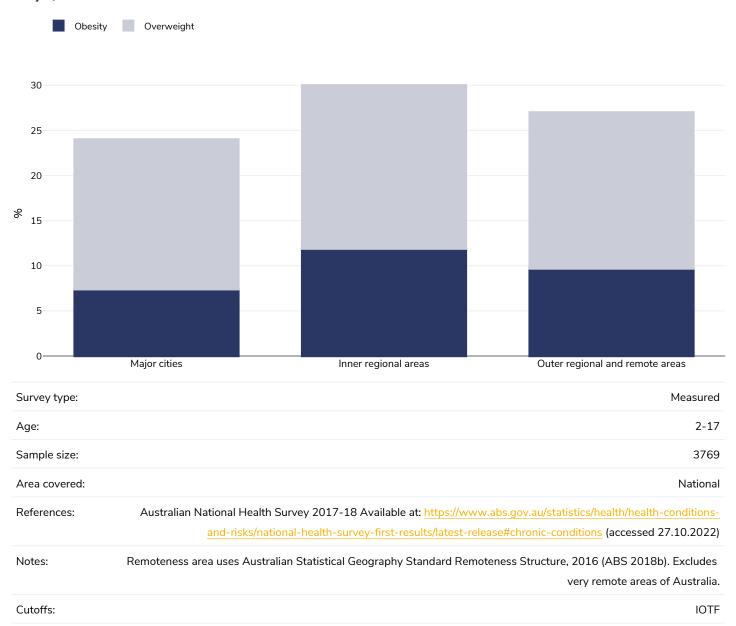


Children, 2017-2018



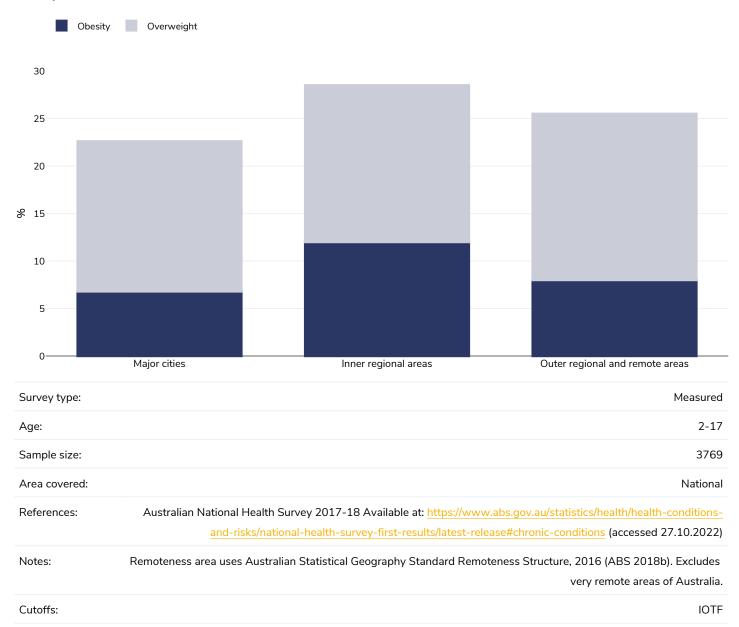


Boys, 2017-2018





Girls, 2017-2018



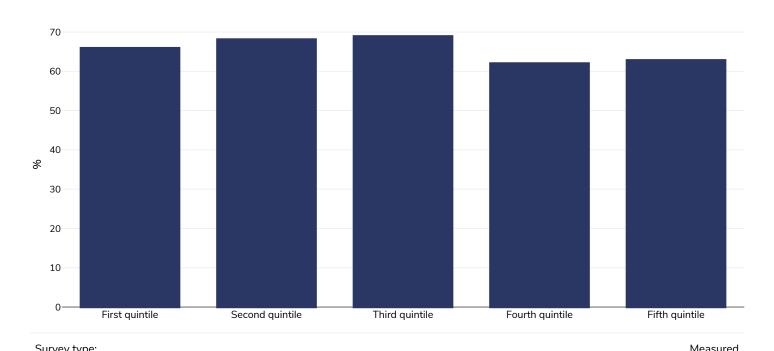


Overweight/obesity by socio-economic group

Adults, 2022-2023

Notes:

Overweight or obesity



Survey type:	Measured
Age:	18+
Sample size:	~12846
Area covered:	National
References:	Australian National Health Survey 2022-2023. https://www.abs.gov.au/statistics/health/health-conditions-and-risks/waist-circumference-and-bmi/2022#body-mass-index-bmi- (Accessed 03.01.2024)

Provision of height, weight and waist measurements were voluntary. Self-reported health status, height, and weight was collected for all participants. In 2022, 41.8% of adult respondents did not have their height and/or weight measured. For these people, height and weight were imputed using a range of information including their self-reported height and

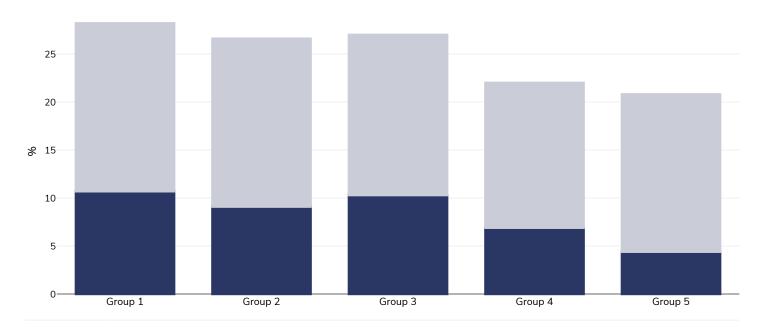
A lower Index of Disadvantage quintile (e.g. the first quintile) indicates relatively greater disadvantage and a lack of Definitions: advantage in general. A higher Index of Disadvantage (e.g. the fifth quintile) indicates a relative lack of disadvantage and greater advantage in general.

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2017-2018





Survey type:	Measured
Age:	2-17
Sample size:	3769
Area covered:	National

References:

Australian National Health Survey 2017-18 Available at: https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release#chronic-conditions (accessed 27.10.2022)

Notes:

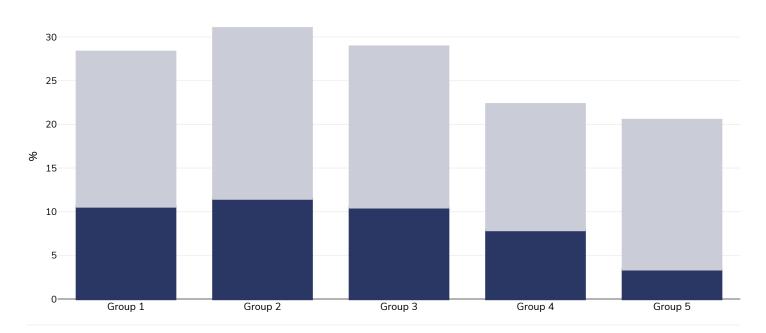
Socioeconomic areas are quintiles of Socio-Economic Indexes for Areas 2016 (SEIFA 2016), specifically the Index of Relative Socio-Economic Disadvantage (IRSD) (ABS 2018c). Lower socioeconomic areas have greater overall levels of disadvantage. "This index ranks areas on a continuum from most disadvantaged to least disadvantaged. A low score on this index indicates a high proportion of relatively disadvantaged people in an area. We cannot conclude that an area with a very high score has a large proportion of relatively advantaged people, as there are no variables in the index to indicate this. We can only conclude that such an area has a relatively low incidence of disadvantage."

Definitions:	Group 1: Most disadvantaged areas Group 5: Least disadvantaged areas
Cutoffs:	IOTF



Boys, 2017-2018





Survey type:	Measured
Age:	2-17
Sample size:	3769
Area covered:	National

References:

Australian National Health Survey 2017-18 Available at: https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release#chronic-conditions (accessed 27.10.2022)

Notes:

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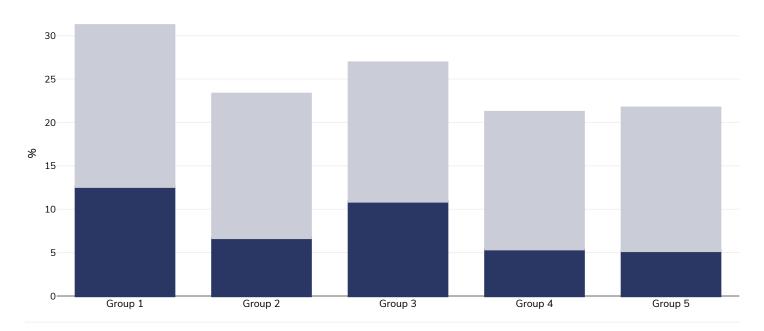
Definitions: Group 1: Most disadvantaged areas Group 5: Least disadvantaged areas

Cutoffs: IOTF



Girls, 2017-2018





Survey type:	Measured
Age:	2-17
Sample size:	3769
Area covered:	National

References:

Australian National Health Survey 2017-18 Available at: https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release#chronic-conditions (accessed 27.10.2022)

Notes:

Socioeconomic areas are quintiles of Socio-Economic Indexes for Areas 2016 (SEIFA 2016), specifically the Index of Relative Socio-Economic Disadvantage (IRSD) (ABS 2018c). Lower socioeconomic areas have greater overall levels of disadvantage. "This index ranks areas on a continuum from most disadvantaged to least disadvantaged. A low score on this index indicates a high proportion of relatively disadvantaged people in an area. We cannot conclude that an area with a very high score has a large proportion of relatively advantaged people, as there are no variables in the index to indicate this. We can only conclude that such an area has a relatively low incidence of disadvantage."

Definitions:	Group 1: Most disadvantaged areas Group 5: Least disadvantaged areas
Cutoffs:	IOTF

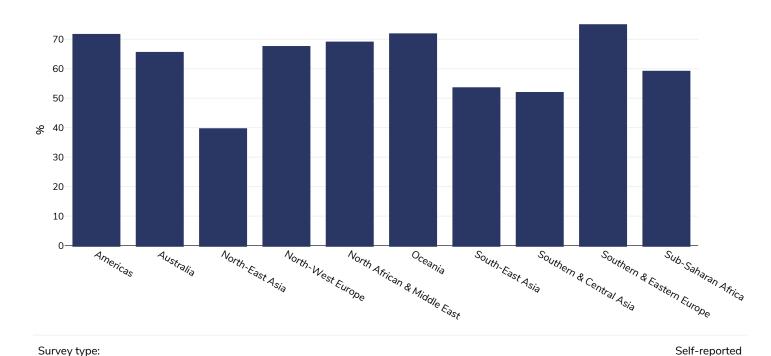


Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

Men, 2011





- , ,,	
Age:	18+
Sample size:	16,044
References:	Menigoz, Karen, et al. "Ethnic Differences in Overweight and Obesity and the Influence of Acculturation on Immigrant Bodyweight: Evidence from a National Sample of Australian Adults." BMC Public Health, vol. 16, no. 1, 5 Sept. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5011908/, 10.1186/s12889-016-3608-6. Accessed 30 Sept. 2021.

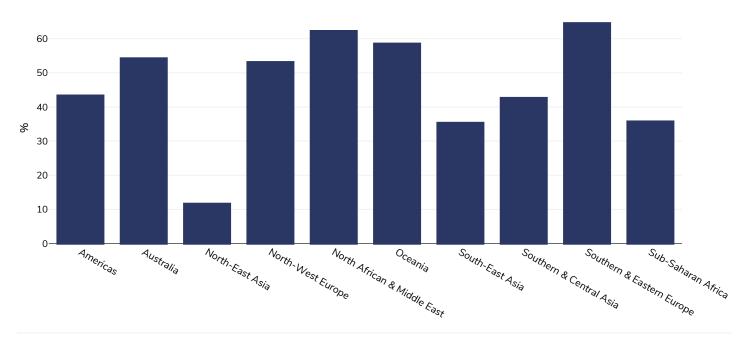
Definitions: Country of birth

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Women, 2011





Survey type: Self-reported
Age: 18+

Sample size: 16,044

References:

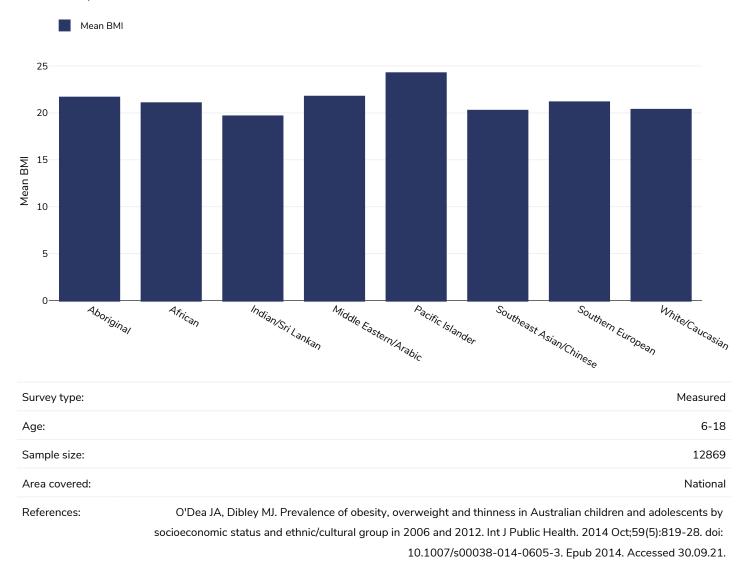
Menigoz, Karen, et al. "Ethnic Differences in Overweight and Obesity and the Influence of Acculturation on Immigrant Bodyweight: Evidence from a National Sample of Australian Adults." BMC Public Health, vol. 16, no. 1, 5 Sept. 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC5011908/, 10.1186/s12889-016-3608-6. Accessed 30 Sept. 2021.

Definitions: Country of birth

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2012

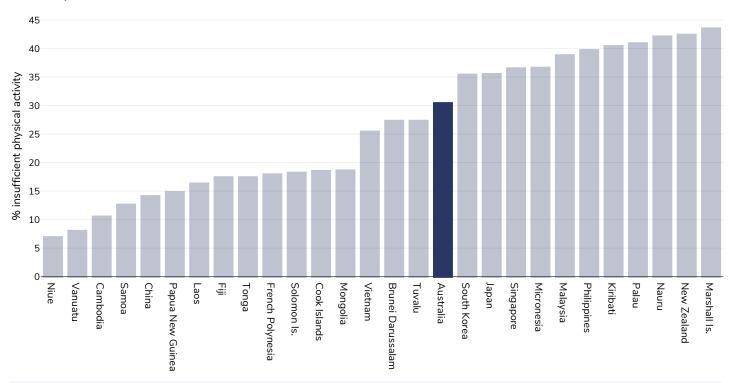


Cutoffs: IOTF



Insufficient physical activity

Adults, 2016



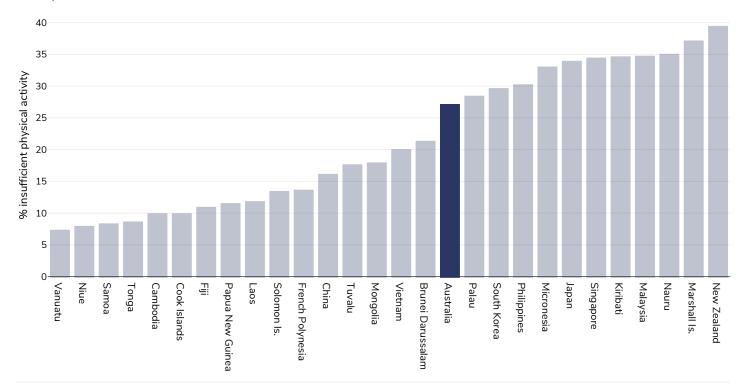
References:

Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-

109X(18)30357-7



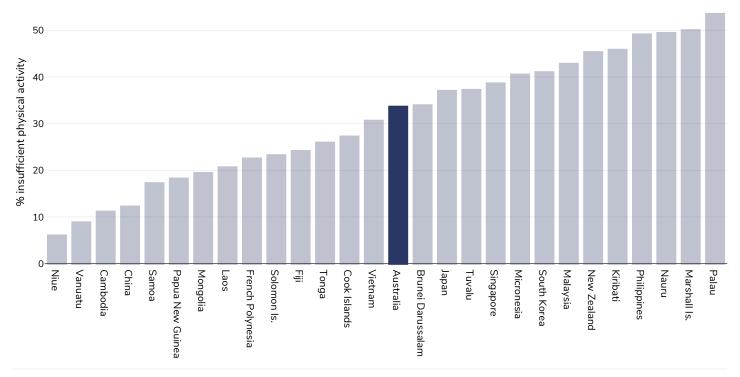
Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7



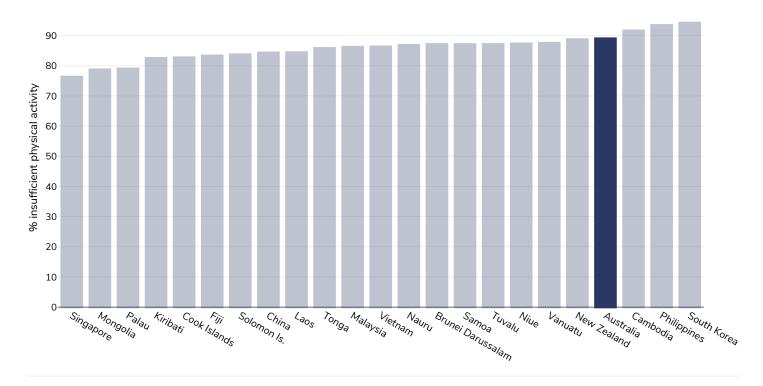
Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X(18)30357-7



Children, 2016



Survey type: Self-reported

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

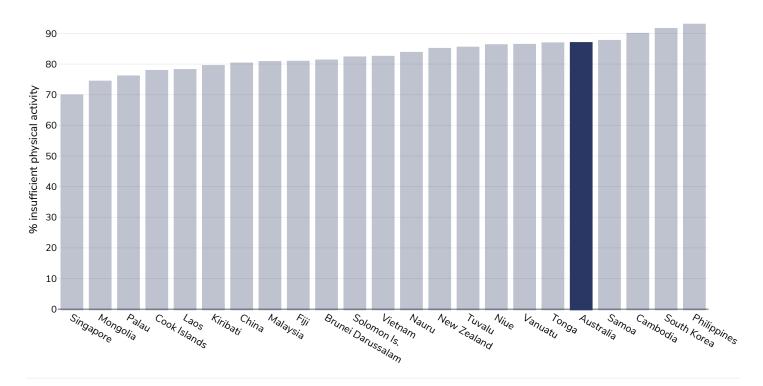
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016



Survey type: Self-reported

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

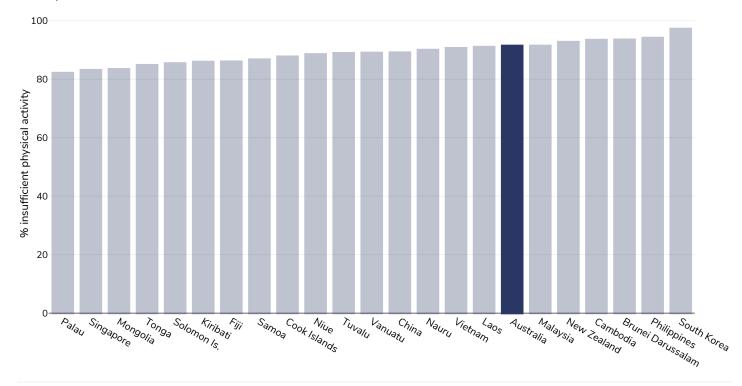
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Girls, 2016



Survey type: Self-reported

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

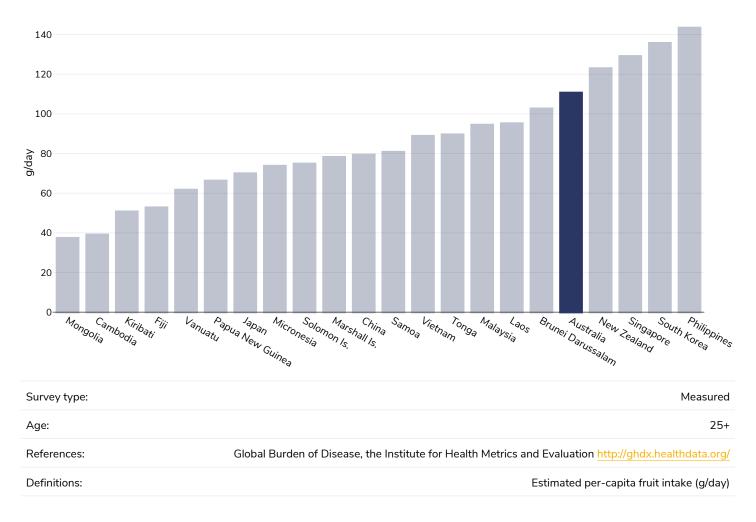
Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Estimated per capita fruit intake

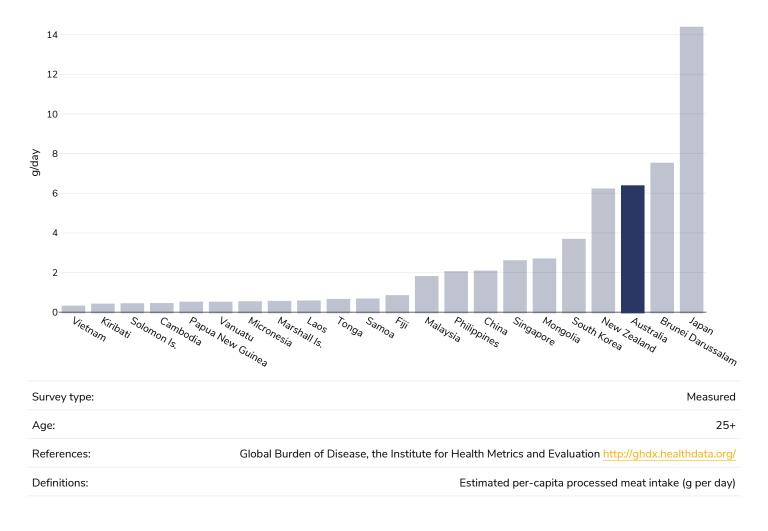
Adults, 2017





Estimated per-capita processed meat intake

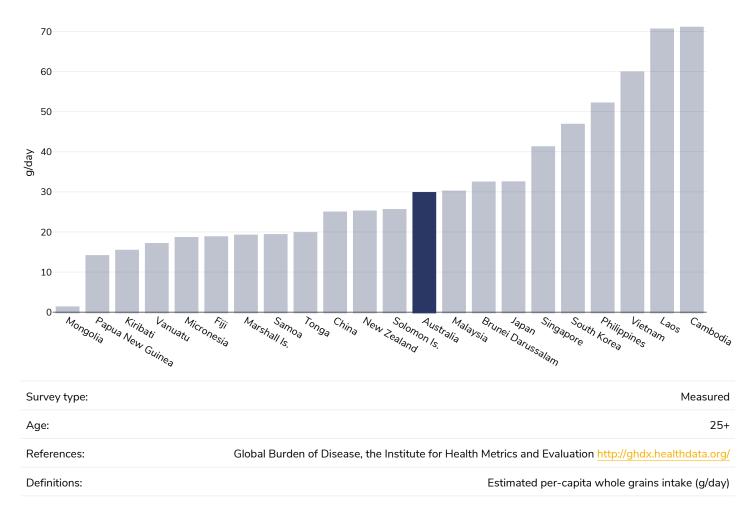
Adults, 2017





Estimated per capita whole grains intake

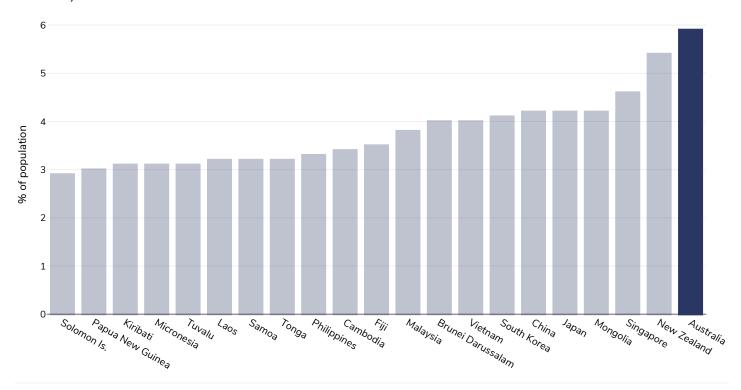
Adults, 2017





Mental health - depression disorders

Adults, 2015



References:

Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

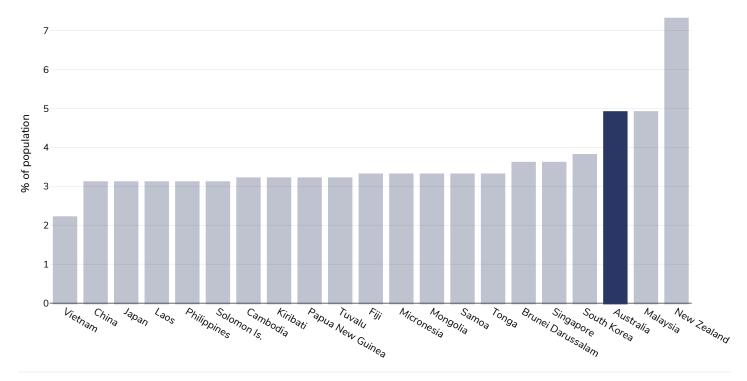
Definitions:

% of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



References:

Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

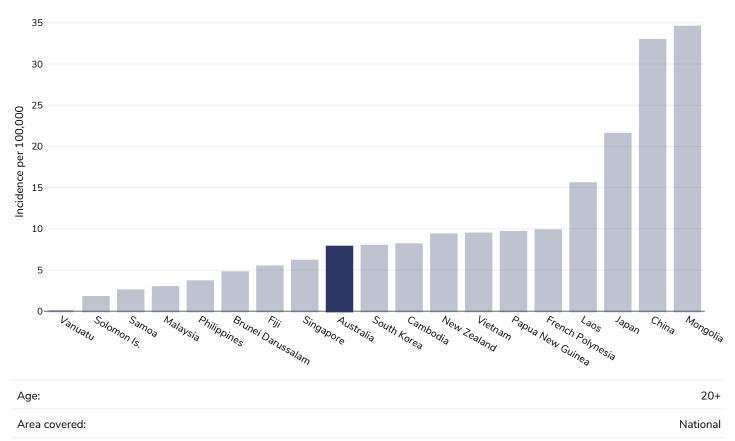
Definitions:

% of population with anxiety disorders



Oesophageal cancer

Men, 2020



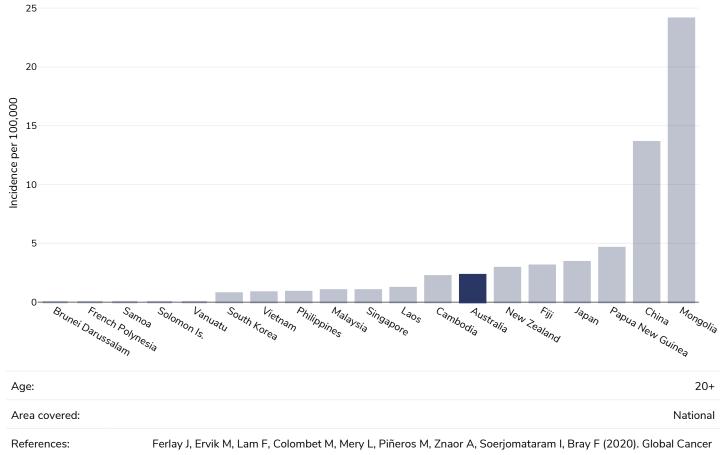
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2035

Definitions:





Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

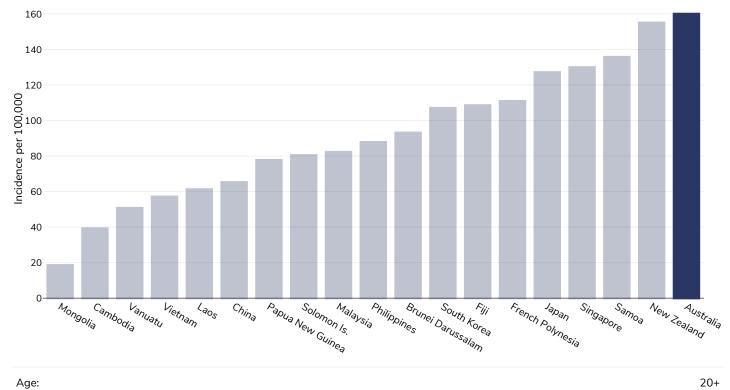
https://gco.iarc.fr/today, accessed 10.01.2035

Definitions: Age-standardized indicence rates per 100 000



Breast cancer

Women, 2020



References:

Area covered:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2035

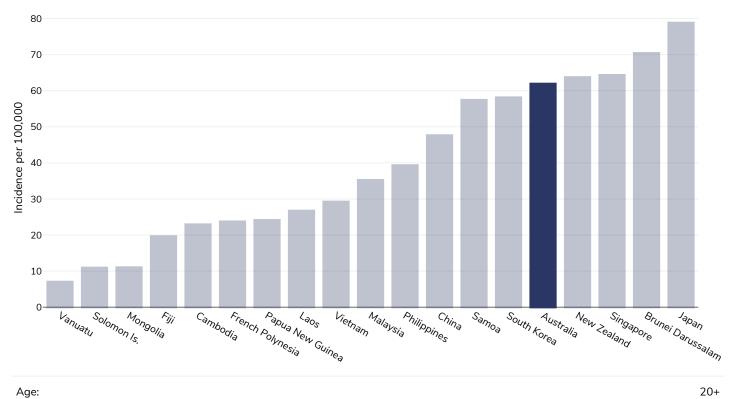
National

Definitions:



Colorectal cancer

Men, 2020



References:

Area covered:

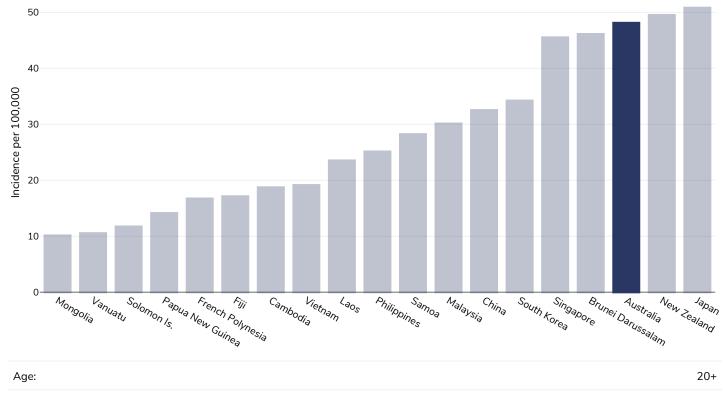
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2035

National

Definitions:





Area covered: National

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2035

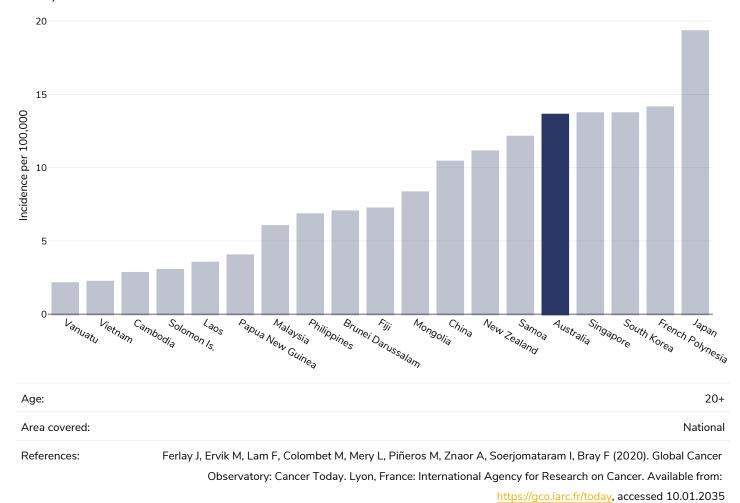
Definitions: Age-standardized indicence rates per 100 000



Pancreatic cancer

Men, 2020

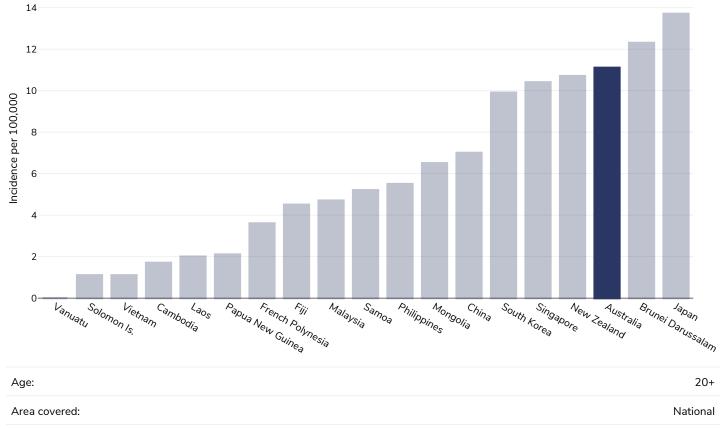
Definitions:



Age-standardized indicence rates per 100 000

44





References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

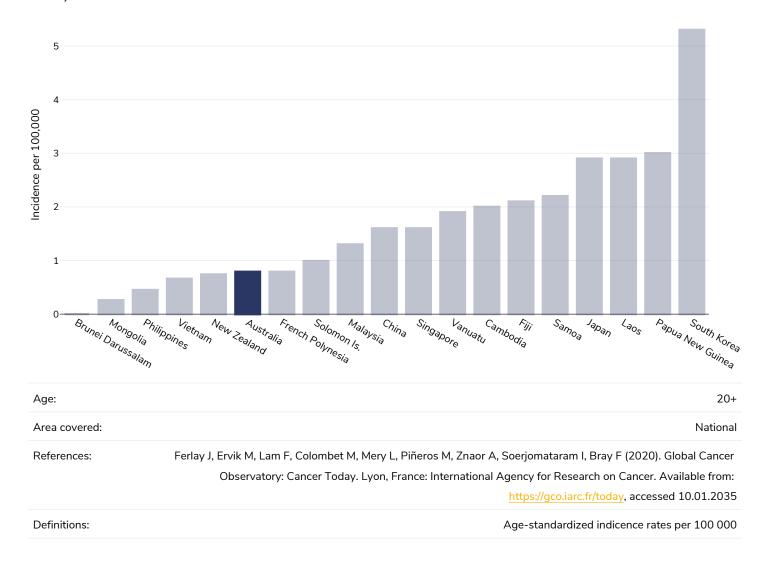
https://gco.iarc.fr/today, accessed 10.01.2035

Definitions: Age-standardized indicence rates per 100 000

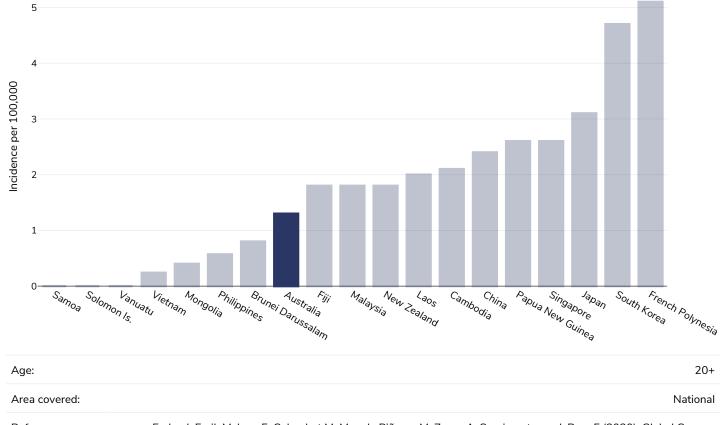


Gallbladder cancer

Men, 2020







References: Ferlay J, Ervik M,

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

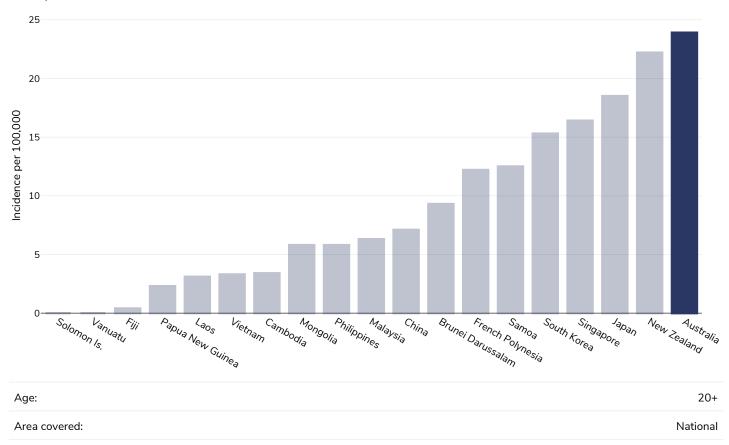
https://gco.iarc.fr/today, accessed 10.01.2035

Definitions:



Kidney cancer

Men, 2020



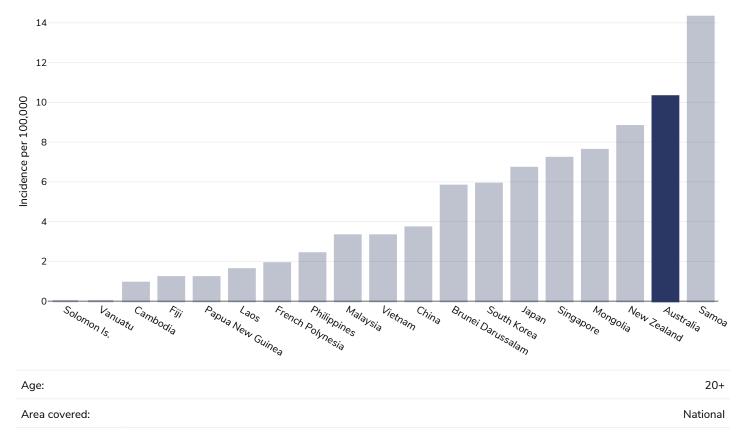
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2035

Definitions:





References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

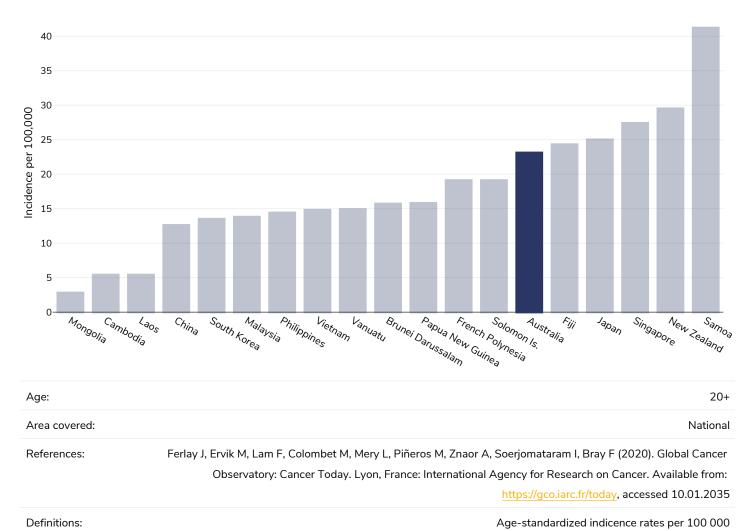
https://gco.iarc.fr/today, accessed 10.01.2035

Definitions:



Cancer of the uterus

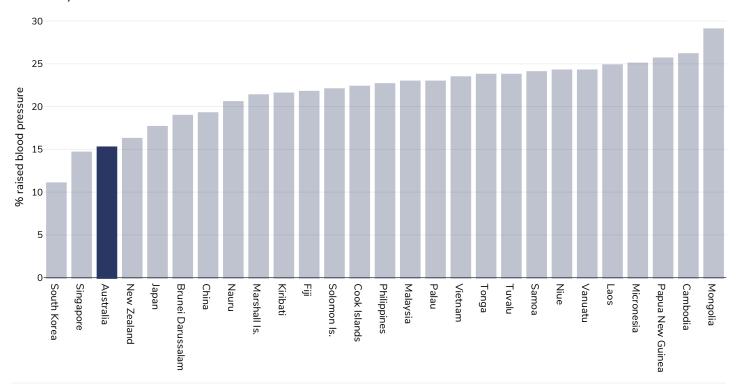
Women, 2020





Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

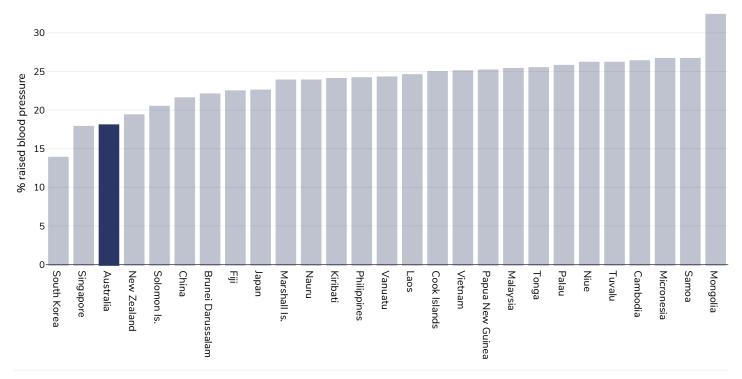
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



References:

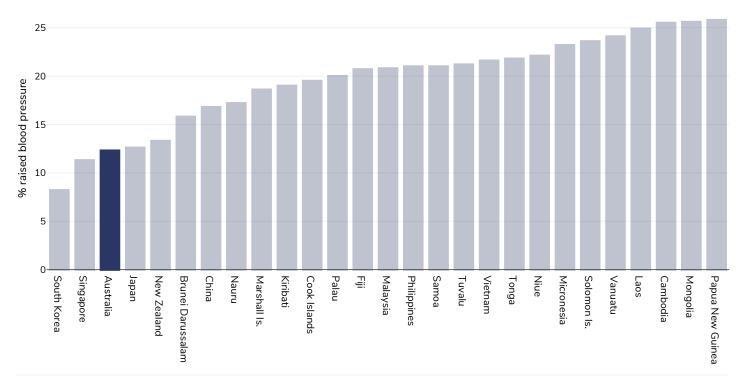
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

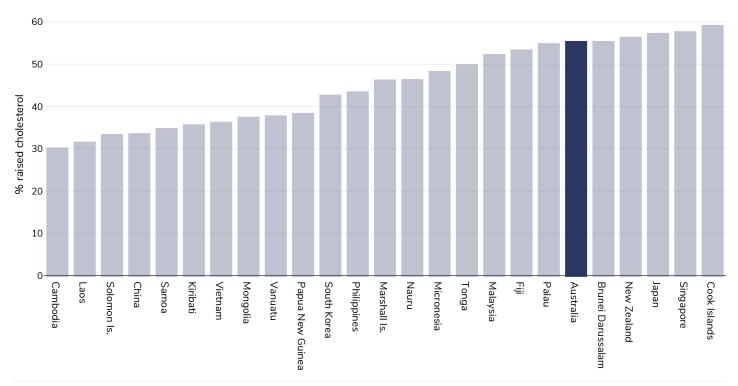
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

Global Health Observatory data repository, World Health Organisation,

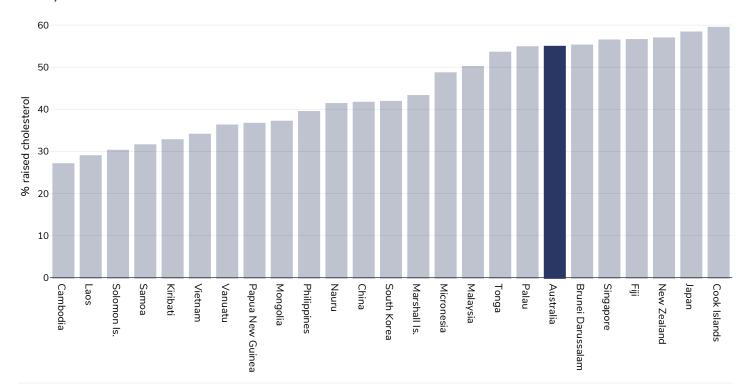
http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



References:

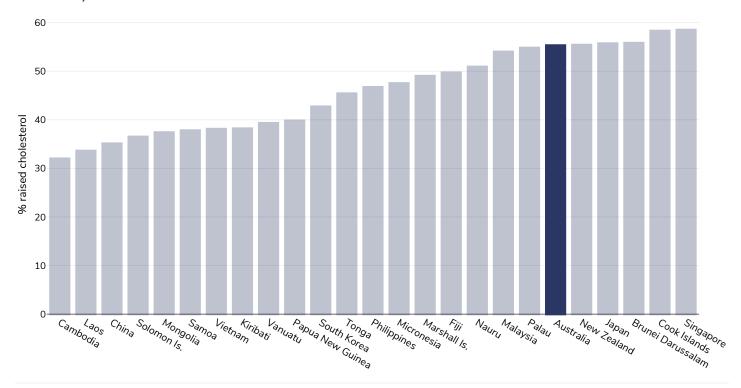
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A885

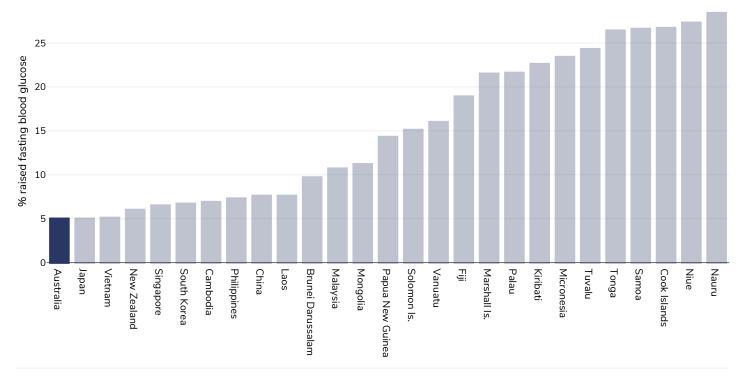
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



References:

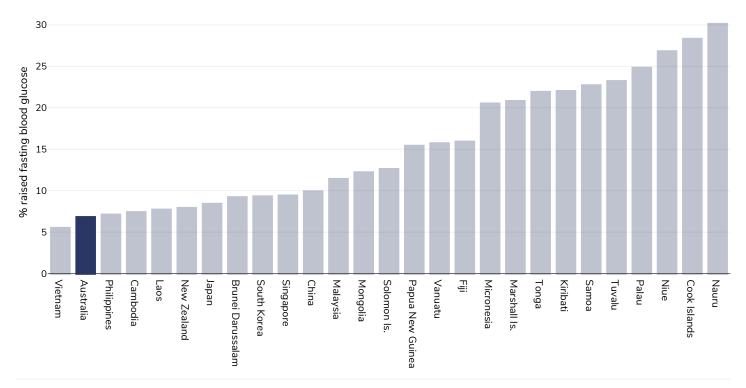
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

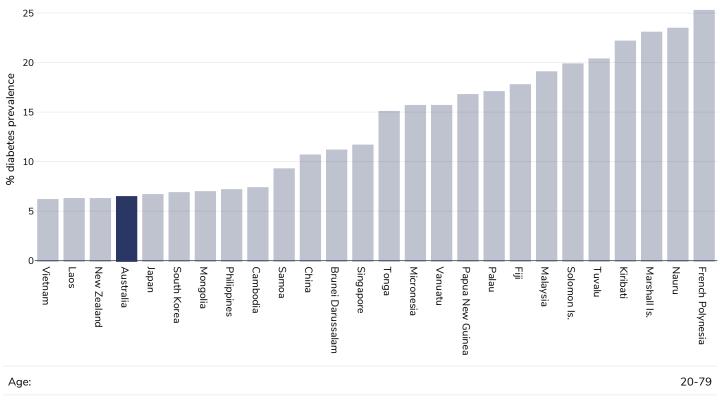
Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2021



Area covered: National

References:

Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions:

Age-adjusted comparative prevalence of diabetes, %



Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	✓ v
Back-of-pack nutrition declaration?	✓
Color coding?	×
Warning label?	×





Regulation and marketing

Are there fiscal policies on unhealthy products?	X
Tax on unhealthy foods?	X
Tax on unhealthy drinks?	×
Are there fiscal policies on healthy products?	~
Subsidy on fruits?	~
Subsidy on vegetables?	~
Subsidy on other healthy products?	~
Mandatory limit or ban of trans fat (all settings)?	X
Mandatory limit of trans fats in place (all settings)?	×
Ban on trans-fats or phos in place (all settings)?	X
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	X
Mandatory restriction on broadcast media?	×
Mandatory restriction on non-broadcast media?	×
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✓ ∨
Are there mandatory standards for food in schools?	X
Are there any mandatory nutrient limits in any manufactured food products?	X
Nutrition standards for public sector procurement?	X





Political will and support

National obesity strategy or nutrition and physical activity national strategy?	~
National obesity strategy?	~
National childhood obesity strategy?	X
Comprehensive nutrition strategy?	~
Comprehensive physical activity strategy?	~
Evidence-based dietary guidelines and/or RDAs?	~
National target(s) on reducing obesity?	~
Guidelines/policy on obesity treatment?	~
Promotion of breastfeeding?	~
Monitoring and surveillance	
Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	~
Vithin 5 years?	~
Governance and resource	
	~



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